# Puyallup & Tribal News

Issue No. 352

Serving the Puyallup Tribe of Indians

April 24, 2019



Puyallup Tribe leaders and community members gather at the Capitol in Olympia for Tribal Lobby Day. Photo by Tribal member Jennifer Squally.

# Puyallup campaigns on Native American Lobby Day

Leaders and community members visit the Capitol in Olympia to get their voices heard in a government-to-government event P.4

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OR CURRENT RESIDENT

NEW IN TECHNOLOGY

# **Puyallup Tribe Directory**

Puyallup Tribal Member Miguel Douglas creates the new directory app **P.2** 

**NO LNG** 

# Washington Tribes stand with the Puyallup Tribe

Seventeen Tribal Chairs from Washington State Tribes send a letter to Gov. Inslee **P.4** 

TACOMA TIDEFLATS PLANNING

# The Puyallup Tribe welcomes thoughtful planning for the Tideflats

An op-ed on the Tideflats Subarea Plan by Councilmember Bryan and Chairman Sterud **P.5** 

Puyallup Tribe of Indians 3009 E. Portland Ave. Tacoma, WA 98424

# Puyallup Tribe Directory: a new way to connect to the tribal community

By TRIBAL NEWS STAFF

The new and improved version of the Puyallup Tribe Directory is now available for free on the App Store.

In 2016, Puyallup Tribal member Miguel Douglas was visiting his mother when he noticed the stacks of out-of-date, print Tribal directories she had lying around. With Tribal employees leaving or contact information changing, these paper versions would be out of date in a couple of months. It made it difficult for Tribal members to access the information and services they needed. "I saw a gap that I wanted to fill for the community," Douglas said.

He decided to take on a personal project and develop an app that would host the Puyallup Tribe Directory. The original version was available on iOS, and was a simple format that listed the different departments and employees. Even in its simplicity, the 2016 version was downloaded around 1,800 times.

Come 2018, Douglas decided to expand and revamp the Puyallup Tribal Directory app.

The updated version will be available on iOS and Android – meaning it will be accessible on all smart devices. Additional features include the ability to create accounts that connect to your Facebook or email address, allowing you to save frequently contacted departments in the Favorites page on the app. The update also displays department office hours and addresses, even connecting to your



miguei Dougias is a Puyaliup Tribai Member, self-taught coder and website designer.

phone's mapping system to give you instant directions.

As Douglas described, "You can download the app if you want to have everyone in the Tribe at your fingertips."

Additionally, with your account you will be able to post reviews on Tribal departments. Whether you had a positive or negative experience, you can share your thoughts to help the department improve in the future. Douglas will be managing reviews on the backend, removing harassment and ensuring feedback remains constructive.

What else can we expect? Douglas says more updates are sure to come. For one, he hopes to add department directors' names and contacts in the coming months. "This app will continuously evolve," he said. "I don't see this as a project that will end."

The Puyallup Tribe Directory will remain free for everyone to download – Tribal members and non-Tribal members alike. Douglas partly built the app for the various outside contractors, entities and governments that need to be in communication with Tribal departments.

Yet his main focus through building this was always his fellow Tribal members. "As a functional form of communication, I think it's good to have something like this, especially for the membership," Douglas said. As a member of multiple Tribal member Facebook groups, he noticed that many community members lacked information they needed to contact departments and access necessary services. While this information was already publicly available, Douglas found it needed to be more readily available. More so, he hopes this will build a bridge between Tribal membership and Tribal government.

Douglas and other young Puyallups like him are moving to embrace technology and connect communities in increasing ways. He relates it back to his Indigeneity: "It's not necessarily oral tradition, but technology is a way to communicate."

That said, new technology takes time to introduce, especially in tribal communities where many people and



entities still rely on paper documents. An app is one way to ease technology into the Tribe's vernacular; people already have their phones on them, and the Puyallup Tribe Directory will use no ads. Douglas hopes this can be a stepping stone to further integrating and utilize technology throughout the Tribal community.

and calling abilities.

Now, Douglas is working with Salish Cancer Center on updating their website. He also hopes to be involved in any future technological advancements in the Tribe.

What might those advancements be? Time will tell. Douglas hopes he can help other Tribe's use this format to create their own directory apps, and tailor each reiteration to fit individual nation's needs.

Creating an app is an intimidating process; as Douglas said, "You're trying to transfer a concept into a digital format."
But he proves that even someone who is self-taught, like himself, can accomplish such a feat. His advice: Make it happen. "I waited for somebody to do something like this, but it never happened," said Douglas. "I had to go out and do it myself."

Puyallup Tribe
Directory is available
for download on the
App Store today.

# VAWA passes in the House, strengthening protections for Native children

By Tribal News Staff

April 4, 2019 – The Violence Against Women Act (VAWA), H.R. 1585, passed through the House earlier this month. With this renewal of VAWA, protections for adult domestic violence victims that came into effect in 2013 are extended to Native children.

Since the 2013 passage of VAWA, the provision called the Special Domestic Violence Criminal Jurisdiction (SDVCJ) reaffirmed the inherent sovereign authority of Indian tribal governments to exercise criminal jurisdiction over non-Indians who violate protection orders or commit domestic or dating violence crimes against Indian victims on tribal lands. SDVCJ has also increased protection for Native women, sparked needed conversations on partner violence, and has increased collaboration among individual tribes, local, state and federal governments.

However, these protections granted in 2013 did not extend to Native children, despite how nearly 60 percent of SDVCJ cases involved children as victims or witnesses. In many instances, tribes were only able to charge a non-Indian batterer for violence against a woman, while nothing could be done about violence against her children.

The April 4, 2019 reauthorization of VAWA granting additional protections to Native children is a huge win for Indian Country. Juana Majel-Dixon, Co-Chair for the Task Force on Violence Against Women, and Recording Secretary at National Congress of American Indians (NCAI), commented on the bill passing, saying, "As tribal leaders, we have no greater priority than protecting our women, children, and elders. Too often, we as Native women are invisible, but today, we celebrate and thank the representatives here for seeing us, for standing with us, and for fighting with us."

VAWA 2019 awaits a vote in the Senate before it passes into law. Other features of VAWA 2019 are the addition of gun control legislation and additional protection for transgender individuals. In this bill, those who have a restraining order against them or are convicted of abusing, assaulting or stalking a domestic partner are prevented from buying guns. Additionally, transgender people who are imprisoned are granted safety and protection by the Bureau of Prisons when receiving housing assignments.

The National Rifle Association (N.R.A.) and other gun lobbying organizations are claiming these 2019 amendments infringe on Second Amendment rights. While Republican Senator Elise Stefanik, NY, claims that including protections for transgender prisoners is a "political game at the expense of vulnerable women." At this time, it is unclear how the Republican-controlled Senate will lean when VAWA 2019 reaches the floor.

Majel-Dixon and many others hope the Senate will recognize this bill for the good it can do, in Indian Country and otherwise. "Victims in Indian Country cannot wait," Majel-Dixon said. "We will not accept a bill that leaves Native victims behind. They are counting on us."



# Health Tips

By DR. PAUL REILLY, ND, LAC, FABNO

Photo by Dane Gregory Meyer



#### **Five Fast Ways to Improve Your Health**

Spring is a time of renewal. So, it is a great time to give your body and health a little extra as well.

## Here are five easy ways to improve health and feel better:

- Reduce or eliminate fast foods.
   Replace that Big Mac with some fresh fruit and cheese, or even a rice and bean burrito.
- 2. Eliminate or reduce soda intake.

  Sodas are one of the biggest sources of empty sugar calories in our diet.

  Those sugar calories increase risk of diabetes, heart disease and obesity.

  Better choices include water, tea or coffee, or sparkling water.
- **3. Take a fiber supplement.** Fiber feeds the healthy organisms in our gut, leading to stronger immunity, less risk of constipation, lower cholesterol and even less colon cancer risk.
- 4. Normalize sleep habits. Sleep is when our bodies rest, repair and regenerate. Without adequate sleep, we wear down and age faster. Aim for 7–8 hours of sleep. Even better, try to go to sleep and get up at the same time each day so your body can normalize sleep and repair signals.
- 5. Get outside. Taking a walk for 10–20 minutes daily will improve mood and energy. Doing it in a natural setting is even healthier. Studies in Japan find that just being able to see trees and nature improves moods and immune function. When exercise is done in a natural setting our natural killer cells are much more effective at protecting us.

Start slow but be consistent. Small changes repeated frequently add up to big benefits over time. Make self care a priority and a habit and you might reap the benefits of improved energy, reduced illness and a longer life.

# **2019 Tribal Elections – Primary Results**

The 2019 Tribal Council Primary Election was held on April 6 at the Administration Building. Nearly 600 tribal members voted, moving these four candidates on to the General Election:

- Annette Bryan
- Bill Sterud
- Monica Miller
- James V. Miles Sr.

The General Election will be held on June 1 from 10 a.m. – 4 p.m. at the Tribal Administration Building.

3009 E. Portland Ave. Tacoma, WA, 98404

Reach out to the Election
Committee with comments or
concerns: ElectionCommittee@
PuyallupTribe-nsn.gov

# Puyallup leaders at Native American Lobby Day

Photos by TRIBAL MEMBER JENNIFER SQUALLY

On April 2, 2019, members and leaders from tribes throughout the state visited the Capitol in Olympia to campaign for Native rights, recognition and respect.

"I'm proud to fight for the preservation of life."

—Councilmember James Rideout



Councilmember James Rideout and Earth Sovereign Feather.

across; I want to have the governor hear me and listen to me. ... There still hasn't been any action. I want him to hear me today, and I want him to hear you today."

—Chairman Bill Sterud

"Here we are demanding that our Indigenous rights are honored and that our treaty rights are honored."

CouncilmemberAnnette Bryan

"I've been here and one day your grandchildren will be here, continuing on the work."

—Elder Ramona Bennett

Councilmembers Rideout and Bryan, Chairman Sterud and Elder Ramona Bennett are honored on Native American Lobby Day.

# **Washington Tribes stand with the Puyallup Tribe**

On April 10, 2019, the Puyallup Tribe sent the following letter to Gov. Jay Inslee to voice opposition to the Liquefied Natural Gas (LNG) facility on their homelands. The letter was signed by 17 Tribal Chairs from Washington State Tribes showing their support for No LNG.

#### Dear Governor Inslee,

As tribal leaders from across the state, we stand united with our Coast Salish relatives from the Puyallup Tribe of Indians in their fight to defend their treaty and their homelands. The people, land, and water of the Puyallup Tribe are threatened by the devastating effects of Puget Sound Energy's Liquefied Natural Gas (LNG) facility. And the review process for this project is so severely flawed that the State of Washington must intervene.

By law, developments like the LNG facility require government-to-government consultation with our sovereign tribal nations. Yet the City of Tacoma failed to properly consult with the Puyallup Tribe, thereby denying tribal rights and threatening the health, culture, and livelihood of thousands of tribal members. In addition, the LNG project also threatens the human rights of others in the region, including those held by ICE at the nearby Northwest Detention Center.

Since the LNG project was proposed and evaluated, it has changed dramatically. The development plans have been altered by at least seven substantive changes that have not been addressed by any EIS review. In fact, the reviews are so flawed

that the Attorney General's Office has called portions of them "fictional."

Moreover, since the LNG project was proposed and evaluated, the science has changed. A new and more complete understanding of methane leakage indicates that gas infrastructure, like the LNG facility, is far more harmful than previously thought. It is a threat both to the global climate and to the natural resources of tribes around the region.

We have seen recent leadership in Washington State. Officials have stood up to dirty energy developments that threaten tribal rights, including rejections of coal ports at Cherry Point and Longview, and an oil train terminal

Continued on Page 5

# The Puyallup Tribe welcomes thoughtful planning for the Tideflats

By BILL STERUD and ANNETTE BRYAN

In 2019, the Puyallup Tribe of Indians will sit down with other governments in the Tacoma area to write a plan for the future of the Tideflats. We believe this exercise, known as "The Tideflats Subarea Plan," can shape future zoning and development in Tacoma's industrial center in a way that can align the region's land use regulations with its aspirations. We welcome this opportunity for collaboration and partnership.

While the planning process gets underway, the Tacoma City Council has twice approved—unanimously—a temporary moratorium forbidding new fossil fuel developments in the Tideflats. The Council's actions were a necessity to forestall growing citizen unrest, as well as an indicator that the Tacoma public imagines a better future for the Tideflats.

We are hopeful that the future is consistent with the vision of the Puyallup Tribe, where we do not trade potential jobs for pollution. We believe that economic growth and environmental protection can be seen as complements not as competitors.

To be clear, economic activity is a core value to the Puyallup Indians. The Tribe is the sixth-largest employer in Pierce County, and we are proud to welcome the community to our growing constellation of enterprises. The Tribe supports economic

development in the Tacoma and the surrounding region.

But not of any sort; not at any cost.

We believe that growth should not come at a price on the health and safety of those least able to shoulder the burden. And, we believe that development should create advantages for the generations that come after us, not saddle them with debts they cannot repay. We do not want to pass on a legacy of diminished natural resources and a damaged climate.

To understand why planning in the Tideflats is so important to the Puyallup Tribe, it helps to know a little about our history. We have lived in and around the Tideflats since time immemorial. We reserved our rights to the area through negotiation of the 1854 Treaty of Medicine Creek with the United States Federal Government. These rights have been clarified and affirmed through subsequent government agreements, such as the Land Claims Settlement of 1990 that resolved a limited number of lingering disagreements with neighboring governments and commercial enterprises.

During the 20th century, however, poorly planned industrial development in the Tideflats damaged our health, constrained our livelihoods, and infringed on our treaty rights. For just one example, look no further than the OxyChem site, which is still saturated with toxic compounds so dangerous that they have been banned since the 1970s. Tribal members were not the only ones affected by Tacoma's industrial pollution—many others in the

region were also seriously harmed—but as a people, we bore the brunt of it—leaving our home irreparably damaged.

In recent years, we have again been alarmed—as have many residents of Tacoma—by proposals for even more fossil fuel development in the Tideflats, such as a huge petrochemical refinery, an influx of dangerous oil trains and the controversial liquefied natural gas facility that has been constructed even before it has all its permits. We see these schemes as a direct threat to our well-being and traditional way of life, as they also jeopardize the fragile health of the Salish Sea and the global climate.

The continued business as usual is not working; that much is clear to many in Tacoma. The Tribe is frustrated—indeed, outraged—at ongoing mistreatment by local governments. Faced with uncertain fossil fuel developments, the public is restive. And we understand that local governments, too, are frustrated by impediments to bringing new business to town.

It is no secret that we have not always seen eye to eye with neighboring local governments. We have always fought to protect our inherent sovereign rights and we will continue to do so. Yet at the same time, it is our belief that 2019 can mark a new era of mutual understanding and respect. By bringing all parties to the table, the subarea planning exercise provides an opportunity to plan a bright future for the Tideflats—one that respects the Puyallup Tribe alongside our friends and neighbors in Tacoma.

Bill Sterud is Chairman of the Puyallup Tribe of Indians. Annette Bryan is a councilmember for the Tribe.

#### Continued from Page 4

at Vancouver. We are asking for your leadership again. As Governor, we urge you to demand that the City of Tacoma initiate a supplemental EIS process—coled by the Washington Department of Ecology— that would properly consult with the Puyallup Tribe; adequately address the many substantive changes to the project; and include the new information and science now available.

Sincerely,

Chairman Bernard Afterbuffalo Hoh Indian Tribe

Chairman W. Ron Allen Jamestown S'Klallam Tribe

Chairwoman Frances Charles Lower Elwha Klallam Tribe Chairman Ken Choke Nisqually Indian Tribe

Chairman Roswell "Ross" Cline Nooksack Indian Tribe

Chairman Arnold Cooper Squaxin Island Tribe

Chairwoman Carol Evans Spokane Tribe of Indians

Chairman Leonard Forsman Suquamish Tribe

Chairman JoDe Goudy Yakama Nation

Chairman Jeremiah "Jay" Julius Lummi Nation

Chairman Charles "Guy" Miller Skokomish Indian Tribe Chairwoman Charlene Nelson Shoalwater Bay Indian Tribe

President Fawn Sharp
Quinault Indian Nation

Chairman Jeromy Sullivan Port Gamble S'Klallam Tribe

Chairman Doug Woodruff
<a href="Quileute Tribe">Quileute Tribe</a>

Chairman Shawn Yanity Stillaguamish Tribe of Indians

Chairwoman Marie Zackuse Tulalip Tribes



# Announcements

#### **EVENTS IN OUR COMMUNITY**



# Community Family Services joins GONA Spring Break Camp 2019

Community Family Services was honored and excited to participate in this year's GONA Spring Break Camp. Fortyeight tribal youth were able to design and paint their own drums to take home. We were also able to sponsor an amazing storyteller, Gene Tagaban, to teach our youth morals and values while also bringing great entertainment.

#### CONSTITUTION AND BYLAWS for ARTICLE II – MEMBERSHIP

#### Section 1.

The membership of the Puyallup Tribe shall consist of each individual who is not enrolled as a member in any other Indian nation, tribe, band, pueblo, village, corporation or Rancheria and who satisfies either of the following requirements:

- (a) Each person whose name appears on the roll of the Puyallup Tribe approved in 1929; and
- (b) Each person at least one of whose parents, at the time of the person's birth, was an enrolled member of the Puyallup Tribe;
  - (i) Provided, however, that after the effective date of Amendment Number XIII to this Constitution (amending this Article II), a person who otherwise qualifies under this subsection shall be eligible only if application for enrollment is made within one calendar year after his or her birth; and
  - (ii) Provided, further, that in the case of a person actually unaware of his/her Puyallup ancestry by reason of adoption or other circumstances, the time deadline contained in proviso number (i), above, shall be deemed satisfied if that individual makes application for membership within ninety (90) days after becoming aware of his/her Puyallup ancestry.

Membership under this Article shall not be deemed automatic but shall be effective only upon compliance with enrollment procedures then in effect including action by the Tribal Council confirming an individual's eligibility and enrollment.

For further information please see: Enrollment Code <a href="http://www.codepublishing.com/WA/puyalluptribe/">http://www.codepublishing.com/WA/puyalluptribe/</a>

#### ENROLLMENT STAFF 253-573-7800

Barbara Richards, Director 7849 Stella John, Assistant Director 7978 Norma Eaglespeaker x 7959, Michael Flores Jr 7994, Sheena McCloud x 7899

# LETTER OF APPRECIATION MEMORIAL DINNER AND GIVEAWAY ROGER WILLIAMS

Dear tribal members, friends and relatives.

On behalf of the Williams family, we thank all those who attended or supported our humble, but very best, attempt at fond remembrances for our brother Roger Williams this past March 10. It had been a little more than a year since his passing, leaving a gaping hole in the family where Rog stood tall, loving and strong for much of his life. Still, we thank God for his life!

Rog was a fisherman, first and foremost. He found a peace never to be diminished or taken from him on the water fishing. He was a friend, a co-worker, a confidant, a fishing buddy, a brother, an uncle and true blue in his heart and soul.

He turned the poorest of humble beginnings and turned it into a richness that would serve and protect all the kids so they could achieve whatever they put their minds to, they just wouldn't know how to fail. To us, this made him a great man, a sense of kindness and humble courage enough to make great things happen.

It was said at his memorial, perhaps in the eyes of God, true strength is humility. Roger brought this goodness with him the older he got. He could disarm anyone with his deep friendly voice and his overwhelming kindness and big smile! This was his strength and a power that protected him.

We thank all those who attended the memorial, all those who befriended our great brother and uncle, and all those who showed him kindness and respect during his life.

God bless Marvin "Roger" Williams in spirit now and always. God bless all you good people who touched his life. And, may we all share in the glory of Roger's wonderful legacy. Thank you all.

Barbara, Kathy, Joe, Jenny & Mike

#### The Puyallup Tribal Children's Rights Document

- 1. The Puyallup Tribal children have the right to be free from suffering physical injury, inflicted upon them by other than accidental means, which causes or creates a substantial risk of death.
- The Puyallup Tribal children have the right to be free from sexual abuse, the right to say no to an abuser, and to tell a trusted adult about any sexual abuse that they have been or may be subject to.
- 3. The Puyallup Tribal children have the right to be free from emotional abuse or neglect inflicted upon them by any adult that may cause severe emotional scarring resulting in low self-esteem, inadequate coping skills, emotional immaturity caused by constant negative criticism, or withholding of emotional support.
- 4. The Puyallup Tribal children have the right to be free from punishment, ridicule, or criticism for expressing through speech, custom, or dress their Indian or tribal heritage.
- 5. The Puyallup Tribal children have the right to be secure in their person and have the welfare, protection, and care of their needs provided for.

This document was created by the Puyallup Tribal Local Indian Child Welfare Advisory Committee and approved by Tribal Council in 1998.

## Firework license sells

#### Payments for the 2019 Fireworks Season

License for Fireworks
Stands located on TribalOwned Trust-Lands,
Onsite, Concession, and
Off-Site Locations will be

accepted at the Puyallup Tribal Administration Building located at 3009 East Portland Ave. Tacoma, Washington. May 24 from 9 a.m.-noon May 28-31 from 9 a.m.-5 p.m.

FIELD MARKING will be held on, May 31 at 6 p.m. at the EQC Riverboat Site.

The LOTTERY will be held Onsite Fireworks and Concessions Stands on June 1, 2019 at 12 p.m. at the EQC Riverboat Site. THANK YOU FOR YOUR VOTE IN THE PRIMARIES.

I APPRECIATE EVERY ONE AND I DO NOT TAKE IT FOR GRANTED.

# RE-ELECT Annette Bryan



# TRIBAL COUNCIL TOGETHER WE ARE BETTER

During my first term on Tribal Council I have dedicated myself to **our people** and **community**. Thank you for the opportunity to **serve you**. I am asking for **your vote** so we can continue this work together. I have proven experience and I am committed to our people and community. I will continue this work by:









- \*Advocating for culture and education to prepare the next generations of leaders.
- \*Listening to YOUR issues, ideas, and concerns.
- \*Protecting our way of life by standing up to PSE; saying #noLNG
- \*Bringing more transparency to tribal government.
- \*Supporting our elders and veterans.









LET'S LIFT EACH OTHER UP!

- \*Committing to collective healing and treatment around substance abuse and incarceration.
- \*Continuing to provide access for tribal members to leadership.
- \*Speaking out against injustices and finding solutions.
- \*Focusing on the housing crisis facing our membership.
- \*Advocating for stronger government-to-government relations.

Vote Annette Bryan for Tribal Council, committed to accountability and service!

## **TERO Client of the Month**

By PENNY FRYBERG

The Puyallup Tribe TERO Program would like to congratulate and honor **JEFFREY WHITE**, for successfully completing the 14-week Pre Apprenticeship Training Program. Jeffrey is a member of the Santee Tribe and a Puyallup Tribal spouse, married to Maria Amador-Dillon.

The Pre Apprenticeship training facility is located at Tulalip's very own TERO Vocational Training Center (TVTC) in Tulalip, Wash., which is over an hour and a half drive each way, depending on traffic. Mr. White dealt with congested freeways, road construction, bad weather conditions and the long commute back and forth from Tacoma to Tulalip, five days a week until he successfully completed the long, vigorous 14-week training program.

Jeffrey applied with the TERO department in May 2015 and then reapplied in October 2016. He was dispatched to a contractor within the reservation boundaries of the Puyallup Tribe as a General Laborer. In December 2017 Jeffrey decided to make a career choice and applied with the Tulalip TERO Vocational Training Center, Training for a better tomorrow. Jeffery earned a certificate from Renton Technical College along with 29 college credits. Some of the skills that Jeffrey learned are excellent, including manual dexterity and a strong knowledge of safety. He was always early and had a perfect attendance, practiced excellent customer service skills, and was willfully





Jeffrey White and his children. White has successfully completed the Pre Apprenticeship Training Program through the TERO Vocational Training Center.

open to learning. He also worked as part of the team to build tiny houses, and Jeffrey and the other students are very proud of this accomplishment. Jeffrey also participated in training with the following apprenticeships: Ironworkers, Masonry Trade, Sheet Metal, Sprinkler Fitter, Cement Mason, Electricians, Carpenters and Laborers.

The program consists of in-shop training and "try-a-trade" days with a variety of construction training programs. Outreach programs were also offered at the training center. Classes offered to Jeffrey included Blueprint Reading, Trades Math, Core Construction Skills, Structural Trades Finishes, Electrical, Plumbing, Foundations, CPR, First Aid, Flagger Certification, OSHA 10, Hazwopper, Energy Efficiency and Soft Skills, along with transferable college credits.

Jeffrey's wife, Maria Amador-Dillon, Puyallup Tribal member, supported and encouraged him throughout the long 14 weeks. Maria played a big part in Jeffrey's success by encouraging him along the way to assure that he reached his goals and to be successful in life with a bright prosperous future for them and their six beautiful children. The children were able to join in on the teachings and they learned a little about construction with bright eyes and smiles on their faces. They spent the day watching their father as he worked and learned new trades, excited to be by his side learning. The boys learned how to tape before painting and enjoyed each moment building memories together. The children were so proud that they had built a book shelf of their very own.

They were able to take the bookshelf home to keep their books on, and they enjoy time spent reading together.

At completion of the program Jeffrey received assistance in gaining employment in the construction industry. He has been exposed to a variety of career choices and has the ability to pursue his areas of interest with an apprenticeship program and further educational opportunities. Jeffrey is trained and ready to enter the work environment safely and productively. He joined the Laborers' Union and attended and completed successfully a vigorous week of intense training at the Kingston Training Facility and completed successfully. Now Jeffrey is employed with Malcolm Drilling, a contractor within the Reservation boundaries as a Laborer Apprentice, learning new aspects of an Apprentice.



# Thank you Voters for taking the time to vote in our Primary Election.

I am humbled and grateful for those who voted and supported me.

Congratulations to the candidates that will move on to the General Election.

As a fellow Tribal Member, I hope the best for all the candidates that put themselves out there and I recognize that we all have a shared desire for the best for our Tribe and Tribal Families.

This year we have two positions up for election and two out of the next four candidates will fill these positions. As I have stated I myself am not running with or against anyone. Our candidacy is about the desire to help all Puyallup Tribal Families throughout all walks of life and it is also about a commitment to strengthening an agenda that protects, empowers and inspires our people and Tribal Community as a whole.

In order to be truly effective at finding common ground, it is a must that a council member be able to work with the other council members, even across political differences.

We are voters too and like you, we know that a vote is not just given, it should be earned. I look forward to doing just that.

Over the years I have developed strong working relationships throughout our tribe along with a deep understanding of our needs and the duty to protect our Tribe's resources; both Natural and Financial.

Therefore, I know that along with your vote and your support we can strengthen an agenda that has our best interest at the heart of every decision. I know I can do the job and I know how to get the job done. Thank you.



# Courage-Strength-Respect

Help Support by voting and encouraging others to vote for James V. Miles Sr. by Absentee or Walk-in on June 1, 2019 General Election.

Deadline for Absentee request to be in the P.O. Box by 9:00am May 2, 2019.

#### TRIBAL EMPLOYMENT RIGHTS ORDINANCE

Jeffrey was a pleasure to work with and received great comments from the staff and other students that attended the Pre-Apprenticeship program in Tulalip. Jeffrey also gained experience and learned the basics of construction.

He has continued to represent the Puyallup Tribe TERO in a positive manner and has chosen a career path that will bring a brighter future and living wage for him and his family. The TERO would like to congratulate Jeffrey, and the Department will continue to work with him to assure that his journey is successful.

Jeffrey would like to thank his wife Maria, and Mothers Linda Dillon and Renee Parsons, Puyallup TERO and Tulalip TVTC staff for the wonderful support and encouragement that he received throughout the 14-week pre-apprenticeship training program.







What is it? The goal of a Hands On Career Fair is to educate the participants about the variety of opportunities in the area, with a hands-on approach, to experience the skills needed for a successful career. We are hoping to have over 100 different companies and Union trades participate.

Who can attend? This event is open to anyone 18 and up.

#### Want to volunteer? We

will need a large number of volunteers to help with check in, clean up, set up, and to keep the event flowing. Please contact our office if you would like to help.

**Hotel:** Emerald Queen Casino 1-888-831-7655 Booking ID #10203 Save the Date for the

2nd Annual

" Investing In Your Future"

Hands-On Career Fair

May 17th, 2019 12:30p.m.-4:00p.m. Ages 18 and up

**Location: EQC River Boat** 

2102 Alexander Ave Tacoma WA 98421

For more information please contact us or stop by our office:

Phone: 253-573-7846
Fax: 253-680-5997
TERO@puyalluptribe.com
1423 East 29th Street - Suite 237
Tacoma WA, 98404



"Building The Community By Working Together"



# Sexual Assault **Awareness Month**

Each year during the month of April, organizations across the country participate in Sexual Assault Awareness Month, a national campaign to raise awareness about sexual violence and educate communities on how it can be prevented. This is an issue that is particularly prevalent in Washington state where we have 29 federally recognized tribes.

It's difficult and uncomfortable to talk about, but we can't ignore the high rates of violence. We know that as Native people who believe that everything is related and connected, the trauma experienced by one of us is felt by all. Sadly, it is often our most vulnerable who experience the highest rates of violence. A Department of Justice report revealed that Native women experience the highest rate of sexual assault in the United States. Urban Indian Health Institute recently reported that Native women are 2.5x more likely to be raped or a victim of sexual assault compared to the rest of the country.

What is Sexual Assault? It is any type of unwanted sexual contact or behavior of a sexual nature against another person's will and without their consent. Sexual assault happens everywhere and affects people of all ages, races and genders.

There are several ways that you can prevent sexual assault. An article in Rainn.org refers to the "bystander intervention," which involves stepping in to change an outcome. "Whether you're taking home a friend who has had too much to drink, explaining that a rape joke isn't funny, or getting security involved when someone is behaving aggressively, choosing to step in can affect the way those around you think about and respond to sexual violence."

If you or someone you know has been a victim of sexual assault, the Community Domestic Violence Advocacy Program is available 24/7 to offer services, support and safety planning. To speak with an advocate call (253) 680-5499.

Native women go missing and are murdered at rates as high as 10x that of other races; many of the women who become victims of such violence are also victims of sexual assault or sex trafficking.

If someone is under the influence of drugs or alcohol, they are not able to consent to sex. "Taking advantage" of someone while they are intoxicated or high is rape.

In a study on sex trafficking of Native women, 72% of the women interviewed had been sexually assaulted by an average of 4 perpetrators as young girls.

Sexual Assault is sexual contact or behavior that occurs without explicit consent of the victim. Some forms of sexual assault include:

- Attempted rape
- Fondling or unwanted sexual touching
- Forcing a victim to perform sexual acts, such as oral sex or penetrating the perpetrator's body
- Penetration of the victim's body, also known as rape

Violence is not traditional! Break the silence & post why you stand against sexual assault with the hashtag #ViolencelsNotMyTradition

# Women's Journey to Wellness CDVAP invites all women to attend our wellness

circle for healing of the spirit.

- **♥** The Health System
- ♥ Understanding Our Bodies
- ♥ From Girl to Woman
- ♥ Elder's Journey
- ♥ Our Moon
- ♥ Family Planning

Circle will be held on May 13th & 27th (Bi-weekly groups) 10am - 12pm

Limited Transportation Available from Admin Bldg. Call by **9:00 am** Van will depart at 9:30am

\*Child Care available\*

\*Light snacks and drinks Will be provided.\*

"I am Healthy, Wealthy, And Wise"



1501 Alexander Ave E. Fife, WA, 98424

(253)680~5499



### **HELLO PUYALLUP TRIBAL MEMBERS:**

My name is MONICA MILLER.

#### I want to let everyone know how grateful I am for the primary election.

#### My Dear Tribal Members,

Thank you all for the support in the primary election. I wanted to let you all know I am a candidate for the general election which will be held on June 1, 2019 from 10:00 a.m. to 4:00 p.m. at the Puyallup Tribe's Administration Department.

I am asking for your support on this next general election. I would love to be your next Tribal Council Woman.

I believe in working hard for the Tribal Members. As you all know, I have been working for our Tribe and members for over 40 years; I am currently the Director of Per Capita/Representative Payee Department. I am a Strong Woman, dependable, trustworthy, dedicated, reliable, educated, and I follow the Tribe's codes, procedures and policies.

I am running for Tribal Council because I want better transparency, better accountability and membership involvement. I want to empower our youth, education and culture; care for and respect our Elders; economic development; protect our Sacred Land.

Listed below are a few ideas that we need to work on as a Tribe:

**Membership meetings:** need to be organized by a Membership Committee. Topics chosen by members.

**Transparency:** Assets and debts, economic development, informing the membership first on buying property and new businesses – make it a tribal vote.

**Housing for our Members:** Most of our Members do not qualify for HUD.

- Build Tribal Members Homes
- Tiny homes and food bank for the homeless
- Jobs and training: train and hire members
- Large Church: location near Elders Assisted
   Living/Cemetery the church can also be used for our funerals.
- Casino Children's Activity Center: contains indoor water park, arcade, etc., which is beneficial to tourism and should be located near our new Casino. There is a great spot is where the Old Tent Casino resides.
- **Tribal Grocery Store:** tribal tax exempt, location in Fife near 70th street; there are lots of new housing developments nearby and the closest grocery store is in Puyallup or Federal Way.
- **Per Capita Increase:** Trump's new tax law affects all members at 37 percent.
- Build a separate Chief Leschi Elementary
   School: our younger kids should not be in the same school as the older kids.
- Native Treatment Center: All NW Indian Tribes build a treatment center together, for all Natives.
- Membership Committee: Schedule membership meetings

**Puyallup Tribal Members** – we need to stand together on protecting our Children, Elders, Water, Land, Fish, Roots, Berries, Education, Culture and most of all, our Sovereignty Rights.

Puyallup Tribal Members, please VOTE MONICA MILLER for next Tribal Council Woman.

253 948-7065 millermd2327@gmail.com



For more information contact the Salish Cancer Center. (253) 382.6317 www.salishcancercenter.com

## Survivorship: Eating Well Together

Healthy eating, healing and prevention for the American Indian cancer survivor and family



#### Why is it important for a cancer survivor to eat healthy?

Nutrition affects every aspect of cancer, from prevention, to treatment and remission. Maintain a healthy diet before, during and after cancer treatment to help your body heal.

#### 5 HEALTHY EATING TIPS FOR SURVIVORS

- Drink plenty of water and other low calorie drinks to stay hydrated.
- Snack every few hours to help give the body energy to heal.
- Include protein (fish, beans, eggs, peanut butter, etc.) with every meal to help with strength and mood.
- Eat fruits and vegetables with each meal. The vitamins, minerals and fiber are medicines.
- Consume good fats (salmon, olive oil, nuts, avocado, etc.) to help your body process nutrients and supports brain health.

#### What is cancer?

Cancer is a disease in which cells in the body grow out of control. Cancer is not one disease. There are many types of cancer that affects each person and their bodies differently.

#### What is a cancer survivor?

A cancer survivor is any person who has been diagnosed with cancer, from the initial time of diagnosis, through treatment and remission until their journey into the spirit world.

AmericanIndianCancer.org

#### **HEALTHY COOKING METHODS**

- ▶ Boil, sauté, steam or poach your food to retain nutrients.
- Avoid exposing food to an open flame. Cooking that darkens foods (frying, toasting, grilling) increases levels of cancer causing substances.
- Avoid high nitrate foods (ham, bacon, hot dogs, etc.). These can interact with other chemicals in your diet to create cancer-causing substances.

#### FOOD SAFETY

- Wash your hands thoroughly when preparing meals.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs unless the plate has been washed.
- Sanitize utensils, cutting boards and countertops when
- Store foods at the appropriate temperatures (<40°F and >140°F).

#### FAMILY: HEALTHY, STRONG AND CONNECTED

- Spend time together and remember to laugh.
- Harvest and grow your own Indigenous foods to experience how our ancestors lived healthy.
- Support your survivor on their food journey by making changes to your food habits with them.
- Learn more about how food can support the family and survivor healing to be supportive of your family.



## Helping the people

Salish Cancer Center patients in need of financial help can find a bit of relief thanks to Shelbey Rideout and her father, James. Shelbey was inspired by her father's recovery from stage 4 cancer to help other cancer survivors. Shelbey created Cancer Awareness t-shirts and sweatshirts and donated them to the Salish Cancer Center to sell with the aim that profits from sales could help other cancer survivors. The Salish Cancer Center sells the t-shirts and sweatshirts and directs profits

from the sales toward helping cancer patients with some expenses that patients would not be able to pay. The sales so far have totaled \$800.



Photo of Shelbey Rideout and Photo by James Rideout.



T-shirt and sweatshirt design for newborns to adults. The t-shirts are donated to the Cancer Center.

#### TRIBAL HOUSING

ATTENTION TENANTS OF TRIBAL HOUSING

#### FINANCIAL LITERACY **CLASSES**

These classes will provide you with skills to make sound financial decisions.

> MAY 28-31, 2019 10AM - 12:30PM NE GYM 6245 21ST ST NE TACOMA 98422

Program participants are required to attend budget and finance classes. To register call ROSS Coordinator: Eugena Buena-Douglas at (253) 573-7947





Have you ever wondered if cannabis could help your medical conditions? Come have an enlightening encounter with our naturopath, Dr. Katrina Ilams-Hauser, specializing in cannabis.

#### Call for an appointment (253) 392-2400

#### Katrina liams-Hauser, ND

3700 Pacific Highway E, Suite 411 Fife, WA 98424 P: (253) 292-2400

"Working towards for a better future for the youth"

Prioritizing our Traditions, Economic Development, Tribal Sovereignty

Leading to honor our elders and ancestors: Leading inspire to our future leaders





'Gratitude is Medicine' PTHA

celebrates its workforce

During his trip to Washington, D.C. last month, Chairman Sterud discussed the future of cannabis with Senator Cory Gardner (shown here) and other



VOTE

Add me on
Facebook:
Bill Sterud

PUYALLUP TRIBE ELECTION 2019



General Election: Saturday, June 1st LOCATION:

3009 PORTLAND AVE TACOMA WA 98404



Medicine Lreek Analytics scientific director Aaron Stancik performs a potency extraction July 26 in Fife to analyze cannabinoids in a sample as Puyallup tribal Chairman Bill Sterud looks on. The marijuana testing lab is owned by the Puyallup Tribe.

#### **CULTURE DEPARTMENT**

# Puyallup Tribe of Indians Cultural Program

INTEGRATIVE ONCOLOGY

CARE CENTER



3509 72nd Street East Tacoma, WA 98443



Connie McCloud
Director



Clinton McCloud Assistant Director



**Denise Reed**Cultural
Coordinator



**Angeline Totus** Youth Activities Coordinator

#### FIRST FISH CEREMONY

The Puyallup Tribe Presents lahigwalik ?a tiił sčadadxwčał "HONORING OUR FISH"

- Saturday, May 18, 2019
- Time, 10 a.m.
- ha?łidup ?ə ?alalus ?ə ?aciłtalbix<sup>w</sup> Canoe Landing site

"A nice piece of land for the traditions/customs of the first people"

This is a ceremony to Welcome Our Honored Guest the Salmon people.

Dinner will follow at the Canoe Landing site.

Grandview Early Learning Center, the Youth Center, Chief Leschi Schools and our drummers/singers will be present to sing in the Honored Salmon People.

We invite our Fishermen and Women, Elders and Youth; all are invited.

4224 Marine View Drive, Tacoma, WA 98422

#### TRADITIONAL MEDICINE:

Wilbert and Amy Fish will be here the week of May 6–9, 2019.

Herbert Yazzie will be here the week of May 10 and May 13, 14 and 15, 2019.

Caren Trujillo will be here to provide support to individuals and families participating in the Human Trafficking Conference, May 5 to 8. 2019.

Please call Connie McCloud, (253) 389-8729 for additional information, questions and for scheduling an appointment.

#### **CANOE FAMILY:**

#### Song and Dance

May 8 and June 12, 5 p.m. at the Spirit House, Puyallup Tribal Health Authority. NE Housing on May 22 and June 26 at 5 p.m.

#### **Tuesday Canoe Meeting**

5 p.m., light dinner served. We are getting ready for this year's Canoe Journey to Lummi 2019.

Our schedule will be:

- Depart Squaxin Island on July 16 to Nisqually.
- Depart Nisqually on July 17 to Puyallup.

We will be hosting the visiting canoes with a place to camp and eat dinner on July 17. On July 18 we will host breakfast before the canoes depart for Muckleshoot.

### We are asking for volunteers to help cook dinner and breakfast.

We are working on making giveaway items; necklaces, beaded star catchers, cedar earrings and wool woven regalia.

Come make a paddle. Our Canoe shed is back in operation.

Paddle Practice: Sunday, May 5 and 19.

Culture Class: 5 p.m., light dinner served.

Activities include making cedar bracelets, head bands, beaded star catchers, and cedar earrings.

Culture Center, 3509 72nd St. East Tacoma, WA 9844

# Children of the River Child Advocacy Center

The smell of buffalo stew, fry bread and freshly baked chocolate chip cookies greeted members of the Puyallup Tribe and representatives from various departments as they gathered on March 26, 2019, for the Blessing & Dedication of the Children of the River Child Advocacy Center (CRCAC); a program that was envisioned by respected elder Dr. Verna Bartlett.

The celebration began with singing and drumming by Les Stafford, then by the members of the Puyallup Tribe, followed by a cedar water blessing of the first and second floors by Fr. Patrick Twohy, and continued with guest speakers, witnesses and testimonials by Anita Dillon and Dakota Case, which reminded us of the deep concern Verna had for people who may have experienced trauma in early childhood.

Before Verna's passing on March 26, 2018, she was blessed to receive a \$1,092,315 federal grant from the Department of Commerce Office of Crime Victims Advocacy to initiate the process of opening the CRCAC. A second blessing occurred when she got to see the temporary site location of where the program is now, but she was always very thankful for the support

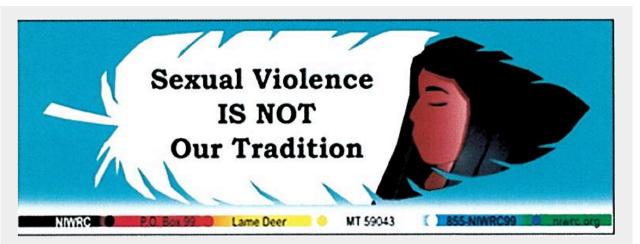
over the years of the Tribal Council, members of the Native community and especially for Kevin Stark (Director of Grants & Planning) and Norm Dorpat (Grant Writer) for the Puyallup Tribe.

According to CRCAC Program Manager and MDT Coordinator, Laura Bluehorse-Swift, "The CRCAC will provide various services, including evidence-based trauma counseling, advocacy and forensic interviewing. The CRCAC is dedicated to a multidisciplinary approach when working with children who may have been abused. A multidisciplinary team consists of professionals from different agencies. The team may include Puyallup Tribal Police, FBI, Puyallup and Federal prosecutors, children services, mental health, forensic interviewers, advocates and medical staff."

The family of Dr. Bartlett would like to thank Laura, Donna Torres (Victim Advocate/Case Manager) and Crystal Espiritu (TF-CBT Therapist) for taking on the challenge of healing the survivors.

Sincerely,

Eugena Buena-Douglas (Verna's daughter)



## **Sexual Assault Awareness Month**

April is Sexual Assault Awareness Month. Sexual Assault Awareness Month calls attention to the fact that sexual violence is widespread and impacts every person in this community. According to the Centers for Disease Control and Prevention, rape, sexual assault and sexual harassment harm our community, and statistics show one in five women and one in 67 men will be raped at some point in their lives.

Sexual Assault Awareness Month promotes awareness and prevention with the goal of creating safer communities. Since consent is a clear, concrete example of what it takes to end sexual harassment, abuse and assault, it only made sense that this year's theme centers on empowering all of us to put consent into practice.

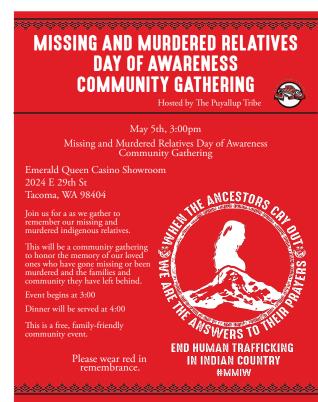
This year's theme focuses on consent, and the slogan is "I Ask." I Ask encourages everyone, no matter the scenario, to respectfully ask for consent, listen and respect the response.



Betsy Buena Terrones, Belecia Buena-Terrones and Laura Bluehorse-Swift. Photo by Brandi Douglas.



Photo by Eugena Buena-Douglas.



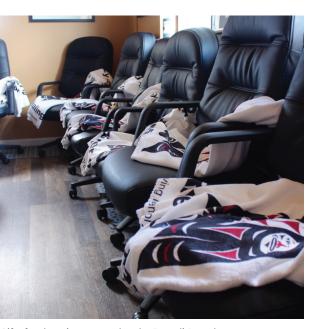
# Missing and Murdered Relatives Day of Awareness

When: May 5, 6:00 p.m.

Where: Emerald Queen Casino Event Tent, 2024 E 29th St, Tacoma, WA 98404

We invite you to join us on Sunday, May 5, the Day of Awareness for Missing and Murdered Native Americans, as we gather to remember our missing and murdered Indigenous relatives. This will be a community gathering to honor the memory of our loved ones who have gone missing or been murdered, and the families and community they have left behind.

Event begins at 6 p.m. Dinner will be served at 7 p.m. and you may attend this event separate from the official conference. This is a free, family-friendly community event. Please wear red in remembrance.



Gifts for the witnesses, taken by Brandi Douglas.



Donna Torres and Fr. Partick Twohy. Photo by Brandi Douglas.



Respected Elder Dr. Verna Bartlett great-granddaughter, Isabella Douglas. Photo by Brandi Douglas.



Photo by Brandi Douglas.



Guests attending the Blessing and Dedication of the Children of the River Advocacy Center.



Laura Bluehorse-Swift. Photo by Eugena Buena-Douglas.



Photo taken by Brandi Douglas of the

# **Human Trafficking in Indian Country**

Join us from May 6-8 2019.

As the awareness of human trafficking grows, there is a demand for diverse and culturally specific training and development of a multi-disciplinary team approach to recognize and respond to Human Trafficking in Indian Country, as well as support those affected by this horrific crime.

The Puyallup Tribe will be hosting this event for professionals who currently work with victims of crime and those who may come into contact with trafficking victims. The conference will provide insightful training across a wide range of topics in order to meet the needs of a community response to trafficking, relevant to Tribal leaders, Tribal service providers, social workers, advocates, first responders,

law enforcement, prosecutors, judges, medical providers, casino staff and community members.

#### REGISTRATION

#### What's included with registration?

You will be provided with breakfast, lunch, beverages and snacks on all three days of the conference. You will be provided resources and top-notch training and networking opportunities.

Scholarships are available based on need and approval of the conference planning committee. Please use the form at the website noted below to submit a request. We will contact you with a decision within 96 hours.

https://www.innovationshtc.org/southsoundconference



Community Gathering

May 6th -8th, 9:00-5:00pm - Human Trafficking in Indian Country Conference

Emerald Queen Casino Event Tent 2024 E 29th St, Tacoma, WA 98404



In Partnership with The Nisqually Indian Tribe and Innovations HTC For questions, please contact chester.e.earl@puyalluptribe-nsn.gov



# **Health Care for Puyallup Tribal Members**

Puyallup Tribal Health Authority has an office dedicated to serving Puyallup Tribal Members. This team assists Tribal Members with their health care needs, provides assistance in getting medical bills paid on time and helps prevent patients from going to collections. You can contact this department at memberservices@eptha.com or by calling 253-593-0232 during regular business hours.

#### SUPPLEMENTAL HEALTH CARE FOR **PUYALLUP TRIBAL MEMBERS**

In addition to the direct care services offered at PTHA, the Puyallup Tribe graciously provides funding to PTHA to furnish supplemental health care for Puyallup Tribal members. Supplemental health care is expanded health care coverage that is not otherwise provided at PTHA or covered under contract care or IHS funds.

#### Who is eligible for supplemental health care?

Enrolled Puyallup Tribal members and spouses who are enrolled in a federally recognized tribe are eligible to receive supplemental health care regardless of where you live, as long as you follow the guidelines.

#### What are my responsibilities as a patient?

All Tribal members are required to register and update registration at least once each year. Any change of personal information requires another update to be filed at PTHA. Please refer to the PTHA Referred Services brochure for other guidelines. For a copy of the brochure, please call (253) 593-0232 or email memberservices@eptha.com.

#### What do I do if I need non-emergent care?

If you seek non-emergent care you may qualify for supplemental funds. Visits to outside providers need to be authorized in advance and approved by PTHA Referral Services Department prior to the date of service. In order to get a referral for an outside care provider, you need to contact your primary care doctor. Ask your primary care doctor to send the referral request to the Referral Services Department at PTHA so it can be processed and you can schedule your appointment with the outside provider.

#### What do I do if I accessed emergency or urgent care?

We understand emergency situations can happen when PTHA is closed. In case of emergency care, please notify PTHA within 72 hours of receiving services. For urgent/emergent services for elders 55+ and disabled, a 30 day notification time frame is allowed. Notify PTHA by calling (253) 593-0232, ext. 515 or email ReferralServices@eptha.com.

#### What do I do after I receive service?

If you receive an explanation of benefits and/or billing statement from your provider, please submit them to PTHA. We want to make sure your bills are paid on time, so we offer the following ways for you to submit your billing statements:

- · Drop boxes located upstairs and downstairs in Takopid
- By fax: (253) 441-2730
- · Scan and email to: memberservices@eptha.com
- By Mail: **PTHA** Attn: Patient Accounts 2209 East 32nd Street Tacoma, WA 98404

#### Who do I contact for more information?

Your Member Services Department is happy to assist you with more information. You can email: memberservices@eptha.com or call (253) 593-0232 during regular business hours.

## **PTHA** is Hiring!

For a list of jobs, visit eptha.com or call the job line at 253-593-0101

PTHA May Calendar				
Mon	Tue	Wed	Thu	Fri
		1	2	3
6	7	Pulling for Wellbriety 12:00pm — 1:00pm Grief Speaks 1:00pm — 2:30 pm	9	10
13	14	Pulling for Wellbriety 12:00pm — 1:00pm Grief Speaks 1:00pm — 2:30 pm	PTHA Takopid CLOSED Honoring Our Elders (Pharmacy, KCC & Pediatrics Open)	17
20	21	Pulling for Wellbriety 12:00pm — 1:00pm Grief Speaks 1:00pm — 2:30 pm	23	PTHA CLOSED at 12 pm
27 PTHA CLOSED Memorial Day	28	Pulling for Wellbriety 12:00pm — 1:00pm Grief Speaks 1:00pm — 2:30 pm	30	31



# May is Mental Health Awareness Month

National Alliance on Mental Illness

#### **KNOW THE WARNING SIGNS**

Trying to tell the difference between what expected behaviors are and what might be the signs of a mental illness isn't always easy. There's no easy test that can let someone know if there is mental illness or if actions and thoughts might be typical behaviors of a person or the result of a physical illness.

Each illness has its own symptoms, but common signs of mental illness in adults and adolescents can include the following:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits, such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
- Inability to perceive changes in one's own feelings, behavior or personality ("lack of insight" or anosognosia)
- Abuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing "aches and pains")
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance

Mental health conditions can also begin to develop in young children. Because they're still learning how to identify and talk about thoughts and emotions, their most obvious symptoms are behavioral. Symptoms in children may include the following:

- Changes in school performance
- Excessive worry or anxiety, for instance fighting to avoid bed or school

- · Hyperactive behavior
- Frequent nightmares
- Frequent disobedience or aggression
- Frequent temper tantrums

#### Where to Get Help

Don't be afraid to reach out if you or someone you know needs help. Learning all you can about mental health is an important first step.

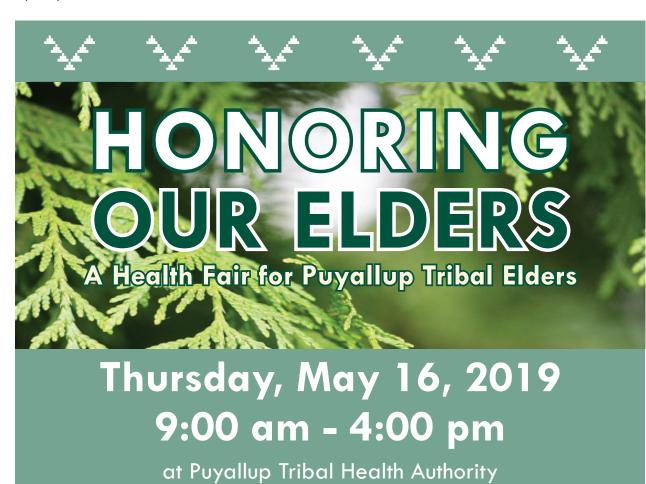
Contact Kwawachee Counseling Center (253) 593-0247.

If you or someone you know needs help now, you should immediately call the National Suicide Prevention Lifeline at 1 (800) 273-8255 or call 911.

# Does your Food Budget Need a Boost?

YOU MAY BE ELIGIBLE FOR PTHA'S WIC PROGRAM

The WIC Program (Women, Infant, and Children's Supplemental Food Program) is a food benefit for your young family. If you are pregnant or have children under 5, call us to see if you are eligible. Each person in your family could receive up to \$50 worth of food benefits per month plus Farmer's Market vouchers in the summer. You might qualify for WIC—even if you're working. WIC also provides information about feeding your family, breastfeeding, and referrals to many other resources. For information, call 253-593-0232 ext. 530 or ext. 533.



All services and activities will be available to Puyallup Tribal Members age 55 and over. *Priority appointments* and walk-ins will be given to Elders 62+

- Complete Health Screenings
- Vaccine Updates
- Dental Screenings
- Activities & Education
- Giveaways & More!

To pre-schedule your appointment, please call 253-593-0232













#### **YOUTH CENTER**

Youth Center Calendar May 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Sylvan & Archery 4-6pm	Tae Kwon Do 4-6pm	Culture Day @ CLS	4
Archery Club @ PTYCC	Sylvan & Archery 4-6pm	7 Tae Kwon Do 4-6pm	8 Sylvan & Archery 4-6pm	7 Tae Kwon Do 4-6pm	10 Mother's Day Dinner 6 – 9 pm	11
Archery Club  @ PTYCC	NO CLASSES HOLIDAY	Tae Kwon Do 4-6pm	Sylvan & Archery 4-6pm	Tae Kwon Do 4-6pm	Skating 7 — 10 pm	18
Archery Club @ PTYCC	Sylvan & Archery 4-6pm	Tae Kwon Do 4-6pm	Sylvan & Archery 12-6pm	Tae Kwon Do 12-6pm	NO EVENT HOLIDAY	25
26 Archery Club @ PTYCC	NO CLASSES HOLIDAY	Tae Kwon Do 4-6pm	29 Sylvan & Archery 4-6pm	30 Tae Kwon Do 4-6pm	31	

Youth Ce	nter Calen	dar June	2019			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Happy Birthday Amenda
2	3	4	5	6	7	8
Archery Club	NO CLASSES	Tae Kwon Do	Sylvan & Archery	Tae Kwon Do	Family Summer	CLS Senior
@ PTYCC	DATA DAY	4-6pm	4-6pm	4-6pm	Safety Night	Graduation
				Last Day of After School	6 – 9 pm	
Archery Club @ PTYCC	10	Field Day (a) CLS	Summer Camp Preparation	Summer Camp Preparation	NO EVENT HOLIDAY	15
Archery Club  @ PTYCC	SUMMER CAMP 9 am – 4 pm	SUMMER CAMP	SUMMER CAMP 9 am – 4 pm	SUMMER CAMP 9 am – 4 pm	Skating 7 — 10 pm	22
Archery Club  @ PTYCC	SUMMER CAMP 9 am – 4 pm	SUMMER CAMP 9 am – 4 pm	26 SUMMER CAMP 9 am – 4 pm	SUMMER CAMP 9 am – 4 pm	Movie Night  @ FCA	29
Archery Club @ PTYCC						











## **Welcome attorney Alec Wrolson**

The Tribal Administration Law Office would like to welcome its newest Staff Attorney, Alec Wrolson. Alec is a Puyallup Tribal member who has worked for the Tribe in many capacities over the years. Recently, he held a full-time job as Lieutenant in Law Enforcement while attending Law School. Passing the bar exam and working for his Tribe in the Law Office is a huge accomplishment, and we want to take this opportunity to recognize Alec and thank him for his dedication to the Tribe.

#### **Puyallup Tribe of Indians ENHANCED TRIBAL ID CARDS**

This is to inform Puyallup Tribal Members that the Enrollment Office is processing Enhanced

This card may be used for travel across the border by land and sea to Canada, Mexico or the Caribbean and Bermuda by la<mark>nd and sea (includ</mark>ing ferries).

It is encouraged that yo<mark>u call the</mark> Enrollment Office to sche<mark>d</mark>ule an appointment for this card. You will be informed of the specific documents required to obtain this card.

You may wan<mark>t to</mark> call phone numbers listed below or s<mark>top into</mark> the Enrollment Office to check if there may be an opening on Tuesdays, 1/2 day on Wednesday or Thursday due to cancellations. Must have all required documents in <mark>order to</mark> obtain ID if cancellation date and time available. Please be aware the appointment could take 30 to 60 minutes per person.

Phone numbers are: Main line - 253-573-7849, Stella John – 253-573-7978, Norma EagleSpeaker – 253-573-7959, Michael Flores Jr. 253-573-7994, Sheena McCloud 253-573-7899

Thank you. Barbara Richards and ENROLLMENT STAFF

#### **CANDIDATES FORUM**

We would like to thank the team that hosted the 2019 Candidates Forum, which gave the membership the opportunity to hear the candidates answer thought-provoking questions. Great job!



Bill Sterud, Ramona Bennett, Lucia Earl-Mitchell, Manual Madrigal-McCloud, Dakota W. Case, Debra Sharp and Felisha McCall. Photo by Brandi Douglas.



and William Manzanares IV, not pictured. Photo by E.B. Douglas.



#### **PUYALLUP TRIBE OF INDIANS ELECTION COMMITTEE**



Dear Tribal Member.

We are entering our election season for 2019. There will be two (2) positions open on Tribal Council. Please mark the following dates on your calendar:

Wednesday, February 20th, 2019	Deadline for Notice of Candidacy: must be submitted to
	Council Secretary by 12:00 p.m.(noon) by those interested
	in running for the open position;
Wednesday, February 20th , 2019	Deadline for Tribal Newspaper Voter's Pamphlet: submit
•	Candidacy letter and photo by 5:00 p.m.; location to be
	announced in the Tribal Newspaper.
Friday, March 1st , 2019	Deadline for absentee ballot request – must be received
	in Election Committee P.O. Box by 9:00 a.m.
Saturday, April 6th, 2019	Absentee ballots must be received in the Election
	Committee's P.O. Box by 8:00 a.m.
Saturday, April 6th, 2019	PRIMARY ELECTION: 10:00 a.m. – 4:00 p.m. at the Tribal
	Administration Building, 3009 E. Portland Ave., Tacoma,
	WA. 98404.
Thursday, April 11th, 2019	Courtesy mail-out of election count: deadline for Voter
	General Election Pamphiet by 5:00 p.m. to Council
	Secretary. Absentee ballot requests mailed out for
	General Election
Thursday, May 2 <sup>nd</sup> , 2019	Deadline for absentee ballot request - must be received
	in Election Committee P.O. Box by 9:00 a.m.
Saturday, June 1st, 2019	Absentee ballots must be received in Election
	Committee's P.O. Box by 8:00 a.m.
Saturday, June 1st, 2019	GENERAL ELECTION: 10:00 a.m 4:00 p.m. at the Tribal
	Administration Building. 3009 E. Portland Ave., Tacoma,
	WA. 98404.
Thursday, June 6 <sup>th</sup> , 2019	Courtesy mail-out of election count.

<sup>\*\*\*</sup>Please direct any Election related questions and/or concerns to the Election Committee's

## **Puyallup Tribal News online!**

You can now read Puyallup Tribal News on our new website! Visit news.puyalluptribe-nsn.gov to see recent stories, LNG News, Announcements, archived issues and more!

#### **PUYALLUP TRIBAL ELDERS**

#### 2019 Events to Come

		N2CO1
Fri	Apr 5 <sup>th</sup>	Spa Day
Fri	Apr 19 <sup>th</sup>	Puyallup Tribal Elders Monthly Luncheon
Wed	Apr 24 <sup>th</sup>	Bingo
Thurs	Apr 25 <sup>th</sup>	Chehalis Tribe Elders Luncheon
		(Dates changed for Spring Bazaar)
Thurs	May 23 <sup>rd</sup>	Spring Bazaar May 23rd – May 24th <sup>th</sup> (10:00am – 4:00pm)
Thurs	May 2 <sup>nd</sup>	Spokane Tribe Elders Luncheon
Fri	May 3 <sup>rd</sup>	Spa day
Гuе	May 7 <sup>th</sup>	Siletz Inter-tribal Luncheon (May 6 <sup>th</sup> – May 8 <sup>th</sup> )
Fri	May 10 <sup>th</sup>	Warm Springs 30 <sup>th</sup> Annual Honor Senior Day
Fri	May 17 <sup>th</sup>	Puyallup Tribal Elders Monthly Luncheon
Wed	May 29 <sup>th</sup>	Bingo
Mon	Jun 3 <sup>rd</sup>	Swinomish Intertribal Luncheon

Call and reserve your seat today

253-680-5494 253-680-5482 Judy LeGarde Vernetta Miller

Mariner Baseball Game (Mariners vs San Diego Padres)

#### Events in Red Staff does not attend

Events are subject to change. Elders must be 55 years or older to participate Except for our Puyallup Tribal Elders Luncheon which is 45 years or older



Many people say that foster care is something that they have thought about for awhile. Maybe you know someone who was a foster parent or foster child? Maybe you saw something on TV or an ad in the newspaper? Maybe you saw a post on the internet? Maybe you just thought it sounded like something interest-

When we meet with prospective foster parents, we share with them information on what foster care is, what the requirements to become a foster parent, and how to start the process. It is equally important to answer the question, "Why should I become a foster parent?"

The answer to that question is different for each person, of course, but over our years of experience we have found that the most successful foster parents often mention some common reasons:

- 1. I care about children and want to help them. Children and youth in the foster care system have been abused, neglected, abandoned, and face tremendous obstacles. Foster parenting is a powerful way to lift up children and youth in your community, and show them that there is hope for the future.
- 2. I am kind and loving but can be firm when it's required. While a lot of love is a nice thing to provide, foster parents also must have good parenting and communication skills. Being patient, consistent and following through on rules and expectations are all important.
- 3. I think I did a good job as a parent and know how to work with children. I'd like to use my skills to help other children. Having parenting experience is helpful. This may provide a foundation in parenting a foster child who may have experienced abuse, trauma, and separation. Every child is different, and a good parent is able to learn from their experiences and address the individual needs of each child.
- 4. I didn't have children. By being a foster parent I can share my home and give my time and attention to a worthwhile cause. Everyone has to start sometime. Children do not come with an instruction manual. Being open to learn parenting skills with the guidance and support of experienced caseworkers will give a person the tools to be an effective parent.
- As a foster parent, I realize my job is to make this child feel comfortable and accepted in my home. I know that someday the child may leave and that's okay. The first goal for a foster child is to feel safe in a warm, nurturing environment that is able to provide for their physical, mental, emotional and spiritual needs. As these basic needs are met, a child is able to advance to forming attachments and expressing affection. They learn to communicate their needs using appropriate words and actions. Finally, the child displays a healthy sense of self-esteem, form connections with others, and develop future goals. When a child leaves a home, whether after a few months or a few years, saving goodbye is never easy. Some foster parents feel comfort knowing a family has been successfully reunited and you played a part in it. Other families hope that their involvement with the child will plant a seed that takes root and will grow within the child, producing amazing results in years to come
- 6. I feel the need to give back and want to share my experiences, time, and good fortune with a child. A person may have had their own challenges in life- losing a parent, dealing with a family member's addiction, or experiencing abuse. The resilient person has had the strength and support to overcome these situations and wants to use that knowledge to help others. Other people may never have faced these difficulties and feel a sense of gratitude. A person may also feel altruistic (whether through culture or faith) and want to help those in need.
- I don't feel done parenting. The energy, joy, and excitement of children can be contagious. As an adult, it can be fun to spend the day outdoors at the park or reading a child her favorite book for the fiftieth time. Grandparents appreciate the time they have with the grandchildren, partly because they feel experienced. Children can have a special, and more open relationship, with a grandparent where they feel comfortable sharing deeper feelings and thoughts.
- 8. I want to have a positive impact on a child and our community. Foster parenting goes beyond helping an individual child. Foster parents help fight the problems of homelessness, substance abuse, mental health, domestic abuse, poverty. While caring for foster children, foster parents give a child's birth parents the chance to receive the necessary help to overcome problems that may have led to the removal of the children from their home. Foster parents can also be role models to birth parents on different ways of parenting the children.
- Lenjoy a challenge. Each child has their own unique needs and challenges. You'll also get to work with many different people, from caseworkers, therapists, doctors, and school personnel. No two days will be exactly alike.
- 10. There are not enough homes for older children and sibling groups. The bond between a brother and sister is one of the longest relationships a person has in life. It can be a heart-breaking struggle in finding homes for sibling groups of three or more. When siblings cannot be placed together, a child has to deal with the additional separation of being away from parents and siblings. Another challenge is finding homes for older children. Adolescence can be a trying time when youth are seeking independence. However, these teens may also be hurting. They are looking for someone to be committed to them and help them succeed.

We're sure there are other good reasons to become a foster parent. We'd love to meet with you to talk about how you can join us in our effort to give hope, help and healing to children, families and our Puyallup Tribal community. Foster parenting may be one of the most rewarding and life changing gifts you could give to a child.

> If you have questions or you are interested in becoming a foster parent, contact: 253-680-5532

> > FosterParentinfo@PuyallupTribe-nsn.gov







### Puyallup Tribe Children's Services is in critical need of foster parents!



If you can help for:

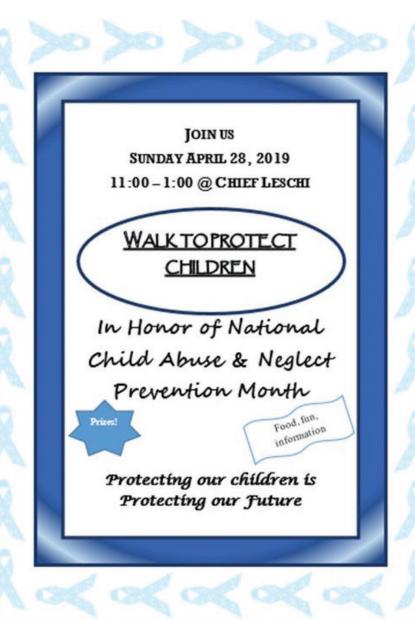
One Year One Month One Week One Weekend One Day

**Email Today!** 

Contact Children's Services For More Foster Parent Information: FosterParentInfo@PuyallupTribe-nsn.gov 253 - 680 - 5532









# **Frequently Asked Questions About Foster Parenting**

#### What is Foster Care?

Foster care is temporary care provided by individuals and families who volunteer to become substitute parents to children whose birth parents and families are unable to care for them. Foster parents are vital resources in providing the mental, physical, spiritual and emotional care that a child requires while separated from his or her family.

#### Who are the children who need foster parents?

Children who need foster parents may be infants, toddlers, preschoolers, grade schoolers or teenagers. They are like all other children, each with their own special personality, abilities, interests and potential. Children in foster care have been hurt by abuse or neglect. These children may have higher needs related to their experience, including grief and loss of being taken from their families. There is a high demand for Native foster parents who can care for sibling groups, ensuring brothers and sisters can stay together. Families that enjoy working with teens/pre-teens and can guide them toward a positive future are also in high-demand. There is a great need for Native American foster parents. There is a need for YOU.

#### Can I become a foster parent if I have had charges on my police record?

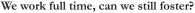
If you have charges, it doesn't necessarily mean you can't foster. Not all crimes are disqualifiers. You may be disqualified if you have been convicted of a crime against children or a violent crime. All other crimes can be discussed with your Foster Care Licensor before the licensing process begins.

#### I was in foster care, can I be a foster parent?

Absolutely! Being a foster child yourself can help you provide the insights into the lives of the foster children you care

#### Can I foster if I don't have a High School diploma

There are no requirements that specify an education level for foster parents.



Yes! Children who are in foster care are automatically provided with daycare at no cost to the foster parents. We also work to match the needs of the foster child with the capabilities of foster parents. This includes things like experience, schedules and family dynamics.

#### Can I decide the age and gender of the child that I foster?

During the foster care licensing process, you will be interviewed on the children that you feel you could best foster. We will ask you placement questions about age range, gender preference and sibling groups.

#### I'm worried about fostering a child because I have small children.

During the placement process we will share information with you regarding the child's behavior and daily

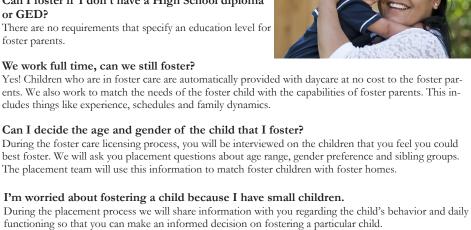
#### Are there other options besides full-time fostering?

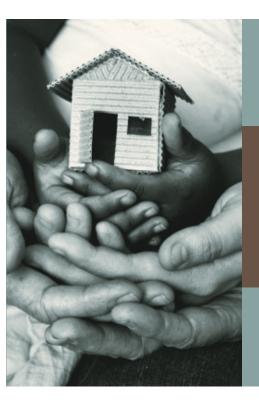
Most definitely. If it is not the right time in your life to provide full time care to a foster child, there are short-term and respite care options. Short-term foster care is providing temporary care by meeting the child's needs for a specified amount of time up to 60 days. Respite care is giving another foster family a "break" by providing care to their foster children for a specified amount of time - up to 2 weeks. This care is generally arranged in advance.

#### What if I am fostering a child and it doesn't work out?

Your Caseworker and Licensor provide the highest level of support to both our foster parents and foster children. Using a team approach, our skilled staff are with you every step of the way. We will assist and help guide you through any decisions you need to make.

> If you have additional questions or you are interested in becoming a foster parent, contact: 253-680-5532 FosterParentinfo@PuyallupTribe-nsn.gov





INTERESTED IN FOSTER CARE?

May 14th at 12pm Admin Conference Room OR May 21st at 5:30pm

Foster Parent Open House

2806 East Portland Ave Tacoma 98404

Contact Children's Services FosterParentinfo@PuyallupTribe-nsn.gov 253-680-5532

Families Welcome - Light Meal Served

#### FOR IMMEDIATE RELEASE

## **Upcoming events &** entertainment at Emerald **Queen Casino I-5**



#### THE ENTERTAINMENT **CAPITAL OF THE NORTHWEST**

1 (888) 831-7655 | emeraldqueen.com Emerald Queen Casino I-5 in Tacoma 2024 E 29th St., Tacoma, WA 98404 Emerald Queen Hotel & Casino in Fife 5700 Pacific Hwy E., Fife, WA 98424



#### THE DANNY BONADUCE & SARAH ROAD SHOW

Friday, April 26 | 5:45 a.m. | EQC I-5 Bridge Nightclub

Danny and Sarah are taking their show on the road, broadcasting LIVE from the EQC I-5 Bridge Nightclub! Danny, Sarah, Paul and a few special guests have entertaining games and giveaways planned throughout the morning. Join us for coffee, doughnuts and The Danny Bonaduce and Sarah Road Show!



#### CAGESPORT MMA

Saturday, April 27 | 7 p.m. | EQC I-5 Showroom \$35 | \$55 | \$100

What will it be? The war of attrition, with one combatant passing beyond the limit of endurance, not able to continue? A knockout, perhaps? Mark your calendar and join us cage-side in the I-5 Showroom for an event that's sure to have them all—CageSport MMA! Get your tickets at the EQC Box Offices now.



#### EQC I-5 Bridge Nightclub hosts your favorite local Top 40 Bands every Friday and Saturday night. Always a good time—never a cover charge!

#### **GROOVE NATION**

Friday, April 26 & Saturday, April 27 | 9 p.m. EQC I-5 Bridge Nightclub

#### **NOTORIOUS 253**

Friday, May 3 & Saturday, May 4 | 9 p.m. EQC I-5 Bridge Nightclub

#### **ONCORE**

Friday, May 10 & Saturday, May 11 | 9 p.m. EQC I-5 Bridge Nightclub

#### **RUMOR 6**

Friday, May 17 & Saturday, May 18 | 9 p.m. EQC I-5 Bridge Nightclub

#### **CHAPTER 5**

Friday, May 24 & Saturday, May 25 | 9 p.m. EQC I-5 Bridge Nightclub



#### **WAYNE BRADY**

Saturday, May 11 | 8:30 p.m. | EQC I-5 Showroom \$35 | \$60 | \$90 | \$95

Six-time Emmy award-winning and Grammy nominated actor, singer, dancer, improviser, songwriter and television personality Wayne Brady continues to bring powerful performances to the screen and stage. Brady can currently be seen as the host of CBS's "Let's Make A Deal" and his work as a regular on the improvisational comedy television series, "Whose Line Is It Anyway?," both the original ABC and the current CW version, has become synonymous with off-the-cuff brilliance.

#### **KEITH SWEAT**

Friday, May 17 | 8:30 p.m. | EQC I-5 Showroom \$35 | \$50 | \$80 | \$85

With numerous platinum, multi-platinum and gold records to his name, and chart-topping hits like "I Want Her," "Make It Last Forever," and "Nobody," Keith Sweat's true-to-life relationship music will move you with its simplicity and honesty. You can see him live on Friday, April 6 in the I-5 Showroom. Make it a night to remember!



#### **ABOUT EMERALD QUEEN HOTEL & CASINOS** The Puyallup Tribe of Indians' Emerald Queen

Hotel & Casinos boast two beautiful properties right off of I-5, located 13 miles south of Seattle-Tacoma International Airport and two miles from Downtown Tacoma. Proudly known as "The Entertainment Capital of the Northwest," Emerald Queen Hotel & Casinos offers 56 Vegas-style table games and over 2,000 slot machines, non-smoking play, seven divine dining venues, over 100 exceptional guest rooms and suites, a no-cover nightclub and the I-5 Showroom—home to concerts, comedy, professional combative sports and more!

Erin Harvey | Sr. Media Marketing Director 1 (888) 831-7655 x18012 Erin\_Harvey@emeraldqueen.com emeraldqueen.com

© 2018 Emerald Queen Hotel & Casinos

Must be 21 or older to enter the casino. Management reserves the right to change any event or promotion. Tickets available at the EQC Box Offices or Ticketmaster. EQC is not responsible for any third-party ticket sales or purchases. Bouts subject to change

#### **★ PUYALLUP TRIBAL VETERANS ★**

#### **ACTIVITY UPDATES**

By MICHAEL SISSON
Puyallup Tribal
Veterans Committee
Vice-Chairperson

Find us on Facebook under Puyallup Tribal Veterans.

Memorial Day, Monday, May 27, 2019, at 11 a.m., the Puyallup Tribal Veterans will be holding a Memorial Day Ceremony at the Puyallup Tribal Veterans Memorial, which is located in front of the Puyallup Tribal Health Authority. This year there will be the playing of "Taps," as well as the reading of the names of Puyallup Tribal Veterans that have crossed over.

Following the Ceremony, lunch will be provided in the Bridge Night Club, located at the Emerald Queen Casino – I-5, 2024 East 29th Street, Tacoma, WA 98404.





5<sup>th</sup> National Gathering of American Indian Veterans Celebrating All U.S. Military

July 26th-28th

CANTIGNY PARK 1S151 WINFIELD RD WHFATON IL. 60189 2019

TRICKSTER 190 S ROSELLE RD SCHAUMBURG IL, 60193



find more on: www.trickstergallery.com

TRICKSTER, 2018
ORT 2018 NATIONAL GATHERING OF AMERICAN INDIAN VETERAN

EDITOR: DESIGN: EWOTOS:

Marta Frius Bill Dubovitch, Emily Farr halah Avalles, Maija Berson, Monica Acceta, Wandy Buss, David Tepper PROOFREADRIC NOTES:

Jennifer Wofford (Eiders Circle), Sydney Hammuck (Post Victorian Circle), Carol Jennings (Women Circle), Catle Witt (event ootes)





On Wednesday, July 10, 2019, at 9 a.m., The Puyallup Tribal Veterans will be posting the Colors for DOD\Manson Construction at the EQC–Fife Ballroom and Conference Center, located at 5580 Pacific Highway East, Fife, WA 98424.

Please arrive no later than 8:45 a.m.

The Puyallup Tribal Veterans Committee is in the process of collecting names for a lottery/drawing to attend the 5th National Gathering of American Indian Veterans, which is held at Cantigny Park in Wheaton, Illinois on July 26–28, 2019. If approved, this will be the fifth year the Puyallup Tribal Council has allowed Puyallup Tribal Veterans to attend this event that spends time celebrating and remembering the untold story of American Indian people's contribution to the military. The Tribal Veterans Committee would like to offer attendance to all other Puyallup Tribal Veterans who have not had the opportunity to attend this event in the past.

You can also check it out at www.trickstergallery.com.

Should you be interested in carrying the colors for Grand Entry, as well as participating in the other Gathering festivities, please submit your request in writing to the Puyallup Tribal Veterans Committee no later than May 9, 2019. The address is at the end of this article.



The uniform for these events will be black trousers, black shoes, a white long-sleeved shirt, our white Tribal Veterans ball cap and the Pendleton Grateful Nation Vest that we wear to all Tribal Veteran events (please see the picture to the left).

Lastly, please remember to submit address changes for receipt of your Veterans Quarterly Benefit Distribution to our Puyallup Tribal Veterans Committee. The address is Puyallup Tribe of Indians; ATTN: Michael Sisson, Puyallup Tribal Veterans Committee, 3009 East Portland Avenue, Tacoma, WA 98404.

THIS MUST BE DONE IN ADDITION TO ANY ADDRESS CHANGES SUBMITTED TO PER CAPITA, ACCOUNTING OR ANY OTHER TRIBAL GROUP OR ENTITY!



# Happiest 3rd birthday wishes Maya Vasilez!

**WE LOVE YOU! GRANDMA & GRANDPA** 

## **Hunting and Wildlife**

The Hunting and Wildlife Department would like to have all hunters who checked out gate keys to return them immediately to Security, located on the second floor, PTOI Administration Building.

Point of contact: Dan Sandstrom, Director of Hunting and Wildlife Department (253) 573-7800 Ext.5705

#### **JOB ANNOUNCEMENTS**



### <u>ATTENTION</u>

### PUYALLUP TRIBAL MEMBER **S**TUDENTS



#### ARE YOU INTERESTED IN GETTING WORK EXPERIENCE WHILE YOU GO TO SCHOOL?

ACCOUNTING INTERNSHIP JOB ANNOUNCEMENT Closes: May 2, 2019 (Re)Opens: April 4, 2019

The Tribal Administration HR Department is looking for Tribal Members interested in taking part in an Internship Program in the Accounting Department working with DAP Services, Inc.

Anyone interested should apply online at:

https://usr55.dayforcehcm.com/CandidatePortal/en-US/ptoiad or visit the Puyallup Tribe's website employment page at <a href="http://www.puyallup-tribe.com/employment/">http://www.puyallup-tribe.com/employment/</a>.

Applicants should upload a resume of previous work experience and/or education, a onepage personal statement as to why you are interested in this program, and a copy of transcripts or schedule.

Successful applicants must be:

- currently enrolled in a two- or four-year accredited college or vocational school;
- pursuing a degree in accounting, business, or related field;
- maintaining a GPA of at least 2.5;
- have at least a beginner knowledge of Microsoft Word & Excel; and
- ✓ have basic math, 10-key and communication skills.

Duties will be dependent upon previous work experience and level of schooling received. This is a part-time, 10-29 hours per week program, and will be flexible to adjust for class schedules and study needs. Salary is \$15.08/hour, no benefits.

If you have any questions, please call Human Resources at (253) 573-7863 or email jobs@puyalluptribe-nsn.gov.

**Attn: Puyallup Tribal Members** 

## INTERESTED IN BEING ON THE EMERGENCY **HIRE LIST?**

Now you can submit your application specifically for e-hire positions through our new online system!

Emergency hires are positions that need to be filled temporarily on an expedited basis. When an emergency hire becomes available candidates that meet the qualifications for the position will be sent to the hiring manager for consideration.

Tribal Members can submit their application for the ehire list at https://usr55.dayforcehcm.com/CandidatePortal/en-US/ptoiad/Posting/Preview/120 Or click on the 'Job Openings' link on our tribal website Puyallup-Tribe.com/employment

#### HOW TO APPLY:

Apply online at <a href="https://usr55.dayforcehcm.com/CandidatePortal/en-US/ptoiad">https://usr55.dayforcehcm.com/CandidatePortal/en-US/ptoiad</a> or visit the Puyallup Tribe's website at <a href="http://www.puyallup-tribe.com/Employment/">http://www.puyallup-tribe.com/Employment/</a>

If you have any questions about the online application, please call (253) 573-7863 or email jobs@puyalluptribe-nsn.gov

#### TITLE: Indian Child Welfare Tribal-State Court Liasion I

CLOSES: May 9, 2019

Serves and collaborates with the Puyallup Tribe of Indians, the State Department of Children, Youth, and Families (DCYF), as well as with Child Protective Services (CPS) and other Tribal social service agencies regarding dependency of Puyallup children served outside of Puyallup Tribe Children Services (PTCS) and Puyallup Tribal Court. Provides Puyallup Tribe's Indian Child Welfare (ICW) attorney(s) with updated information and services, as necessary.

#### **TITLE: On Call Security Officer**

CLOSES: Open Continuously

Responsible for protection and security of the Puyallup Tribal buildings and property. Reports all incidents in writing to the Security Manager and any criminal activity to both the Security Manager and the Puyallup Tribal Police Department.



#### TITLE: Senior HR Generalist - Employee **Relations & Training**

CLOSES: May 10, 2019

Under the general direction of the Executive Director, administers human resources policies relating to all phases of human resources activity, with particular emphasis on employee relations and training, by performing the necessary duties in accordance with the Puyallup Tribe of Indians policies and procedures. Actively participates as part of the Human Resources leadership team.

### Puyallup Tribal News Staff

To submit material for the newspaper, please email: NEWS@PuyallupTribe-nsn.gov or call: (206) 792-0434. Puyallup Tribal News is published monthly. Copyright © 2019 Puyallup Tribe of Indians. 3009 East Portland Ave., Tacoma, WA 98404. puyallup-tribe.com